Buy Victory Bonds
"SALADA" TEA

## TIMELY TOPICS FOR WOMEN . . . By Barbara Baines

### SANTA'S DEADLINE FOR OVERSEAS

More of our Canadian boys—and girls, too—are overseas this year than ever before. Some will be spending their fourth Christmas away from home and loved ones; and some, I don't doubt, will be wondering just how important they still are to family and friends at home. What finer token of your love and friendship and continued interest could you send him than a Christmas box of Canadian good things.

But if you want Santa to get there for the festive occasion your box should be off on the next boat, or by November 10th at the latest. So get your knitting needles flying and finish up that sweater or pair of sox or scarf; make your Christmas cake and cookies; and get out and do your shopping.

Christmas calls for some special gift—even though the folks at home may have to go without—a small camera, a water-proof watch, a small battery radio set, a pipe, or pen and pencil set. These are just a few suggestions and naturally the gift will depend on the taste of the individual.

Then there are the extras that are always welcome; razor blades, toothpaste, shaving cream, writing paper, playing cards, etc. And of course, canned meat, cheese, butter, chocolate, fruit juice, peanut butter, chocolate bars etc.

But Christmas wouldn't be Christmas without a bit of fruit cake and some cookies from home. If fruit cake is baked in a coffee tin, taken out to cool and then sealed up in the coffee tin again with adhesive tape it will arrive moist and delicious. Square cookies of the shortbread type pack well if plenty of waxed paper is used.

### PROTECT YOUR POSSESSIONS WITH WAX

Of course you use wax to keep your hardwood flooring a thing of beauty and a joy forever. But now that priorities and shortages are making it more difficult for homemakers to replace their household possessions many are finding wax a fine preservative and a great help in taking care of what they already have.

Have you ever used it on your kitchen or bathroom linoleum? If so you will know how much easier it is to keep clean because water or grease spots are so quickly washed up. And besides the wax protects the surface and takes the wear, and so it lasts longer.

A coating of wax prevents the air from coming in contact with metal and is a splendid preservative for the metal parts of washing machines, stoves, refrigerators and sewing machines. It will also prevent the rusting of metal porch and garden furniture which is exposed to the elements, or stored for the winter; and how about suggesting that the man of the house use wax on the chromium parts of your car now that you have to make the old model do.

Perhaps you are accustomed to using wax on your furniture and are proud of the hard glossy finish it gives. But have you tried it on painted or varnished window frames and sills? You will be surprised at how little harm a sudden rainstorm does and how much easier they are to clean. Besides a thin coating of wax prevents the dust and grime from penetrating into the paint and spoiling its beauty. Perhaps you will think it is too big a job to wax all your woodwork, but at least do around door knobs and door jams where there are apt to be a lot of finger marks. You will find they wipe off so easily without doing the wood any permanent injury.

There are many other things about the house which will benefit from a light coating of wax—metal lamp stands, bridge tables and chairs, or smokers. And next time you polish your brass ashtrays, vases, or fireplace equipment finish off with a coating of wax and see how much longer the polish will last.

Indeed wax is equally effective on your silver tea service or other silver articles, especially those that are not used constantly. A thin wax finish right after it has been cleaned enhances the brightness of the polish and keeps it bright and shining much longer—and so reduces the time needed for silver cleaning, a messy job at best.

And here is a hint for those of you who have children (or a dog or cat) that track in dust from outside so that you have a hard time keeping your hardwood floors nice. Soften a piece of wax well with turpentine and roll it inside your cloth. You may then both clean and wax the floors at the same time. The wax goes on very thinly and is easily rubbed up to a hard bright finish.

### FOR OUR ROMAN MOON

I am not bound to win, but I am
bound to be true,
I am not bound to succeed, but I am
bound to live
Up to what light I have.
I must stand with anybody that
stands right.
—Abraham Lincoln

### SUGAR SAVING RECIPES

With the need to conserve sugar mothers of large families are turning more and more to quick breads, biscuits and muffins. For these extras healthy growing children seem to demand at every meal. I think you will find these recipes just what you have been looking for.

**Currant Coffee Roll**

3 cups sifted cake flour, 3 teaspoons baking powder, 1 teaspoon salt, half cup shortening, 2 tablespoons corn syrup; three quarters cup milk; melted butter, sugar, half cup currants, 1 egg yolk, 4 tablespoons chopped nut meats.

Sift flour, baking powder and salt, cut in shortening. Combine syrup and milk, and add at once to the flour mixture. Mix well until blended (This makes a stiff dough) Knead 30 seconds on a highly floured board. Roll an eight of an inch thick and cut in half inch squares. Brush with melted butter and sprinkle with sugar, and currants. Roll each square as for a jelly roll. Brush with mixture of egg yolk beaten with one tablespoon sugar; sprinkle with nuts place on baking sheet and bake in hot oven (425 F) 15 to 20 minutes. Makes two and a half dozen rolls.

**Health Bread**

1 cup cooked wheat cereal; quarter cup corn syrup; 2 tablespoons sugar half teaspoon salt; 1 tablespoon butter; 1 yeast cake dissolved in quarter cup lukewarm water; two and a quarter cups bread flour.

Mix wheat cereal (warm), sugar, salt, and butter. Add dissolved yeast cake, and stir in flour. Knead lightly. Cover and let rise in a warm place. Cut down, shape in loaves or fill muffin pans half full. Let rise again and bake in a moderate oven (375-o-F.).

JACQUES NAVARRE

This is the young Mexican lyric tenor who appeared with Maurice Chevalier at the Theatre Pigalle when that famous star was the rage of Paris before the war. Now Monsieur Jacques is singing for CBC audiences; he is featured Thursday nights at 9.30 p.m. EDT with Enrique Miro and his Spanish American music, from the CBC Montreal studios. He is a favorite cafe entertainer in his adopted city and sings with equal ease and appeal in French, Spanish and English.

START THE BOND FIRE

### SEVENTEEN

If you were always seventeen,
How marvelous that would be
So full of all the joy of life,
And youth's perennial glee

Your eyes would then stay bright
with blue
Your voice would always ring
With love-notes sweet as organ tones,
Or wild birds when they sing

Your face no wrinkles ever would
know,
Your hair would not grow gray;
Your feet would lightly trip along
Life's varied, winding way

Your flesh would wear the roses'
blush,
You'd radiate good cheer;
Your legion friends would love
you then
Throughout each long, long year.

Your cheek would dimple when you
smiled,
How sweet your songs would be;
your laughter'd be like ripplin'
waves,
When sun shines on the sea.

But time rolls on, and with it you
Will surely change, I ween,
But you will always be to me
As sweet as seventeen

—RALPH GORDON,
628 Crawford St., Toronto

### MEAT LEFT-OVERS FOR THRIFTY MEALS

Described by Mrs. Christine Frederick, authority on household efficiency, in the American Weekly with this Sundays (October 25) issue of the Detroit, Sunday Times. Also you'll find recipes for four quaint old English dishes which many an American soldier now in England will like and want when he comes back home after the war. Be sure to get a Sunday Detroit Times.

A sugarless cook book has been issued recently. Next in line will be a tealess teapot, a rubberless car and a taxless income tax.

CARROLL'S

Check These

80-90 Prunes 2 lbs. 17c

SARDINES Mephisto Smoked 2 tins 21c
TOMATOES Dew Kist Choice 2 No. 2½ tins 23c
MACARONI or Spaghetti 2 lbs. 9c
TILLSON'S OATS Quick lg. pkg. 15c
ODEX SOAP 2 cakes 11c
SUPER SUDS large package 20c

Lipton's Noodle SOUP MIX 2 pkgs. 25c

Aylmer Choice Wax BEANS 2 16-oz. tins 21c
Carroll's Dandee COFFEE lb. 32c
Carroll's Dandee TEA ½-lb. pkg. 37c
Instant POSTUM tin 31c, 51c
Quaker Cornflakes 2 pkgs. 15c
Peter Pan Puffed WHEAT lg. pkg. 17c
Benson's Corn STARCH pkg. 11c
Aylmer Sieve 4 or 5 PEAS 16-oz. tin 10c

New Pack! CORN Aylmer Golden Bantam 20-oz. tin 12c

PANCAKE FLOUR Aunt Jemima lg. pkg. 35c
GRAPEFRUIT JUICE 2 20-oz. tins 21c
TOMATO JUICE Campbell's 16-oz. tin 8c
SHREDDED WHEAT 2 pkgs. 23c
LIGHT BULBS each 15c
KLEENEX Tissues pkg. 10c, 25c, 29c
BLUE RIBBON Baking Powder 16-oz. tin 25c

Carroll's Romar COFFEE 1-lb. pkg. 39c

Charme Castile SOAP 3 cakes 11c
Ivory Flakes or SNOW lg. pkg. 23c
Woodbury's Facial SOAP 2 cakes 15c
Wilson's Fly PADS 3 pkgs. 25c
Chemico, The New Wonder Cleaner tin 15c, 25c
Laundry STARCH lb. 12c
Hawes' Floor WAX tin 25c, 45c
Bruce's Bird SEED 1-lb. pkg. 17c

GRAPEFRUIT—JUMBO 3 for 25c.
CELERY HEARTS Large Bunch—10c each
ORANGES Medium Size—Juicy 39c. Per Dozen
APPLES—Good Cookers Basket—29c.

FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT ONLY
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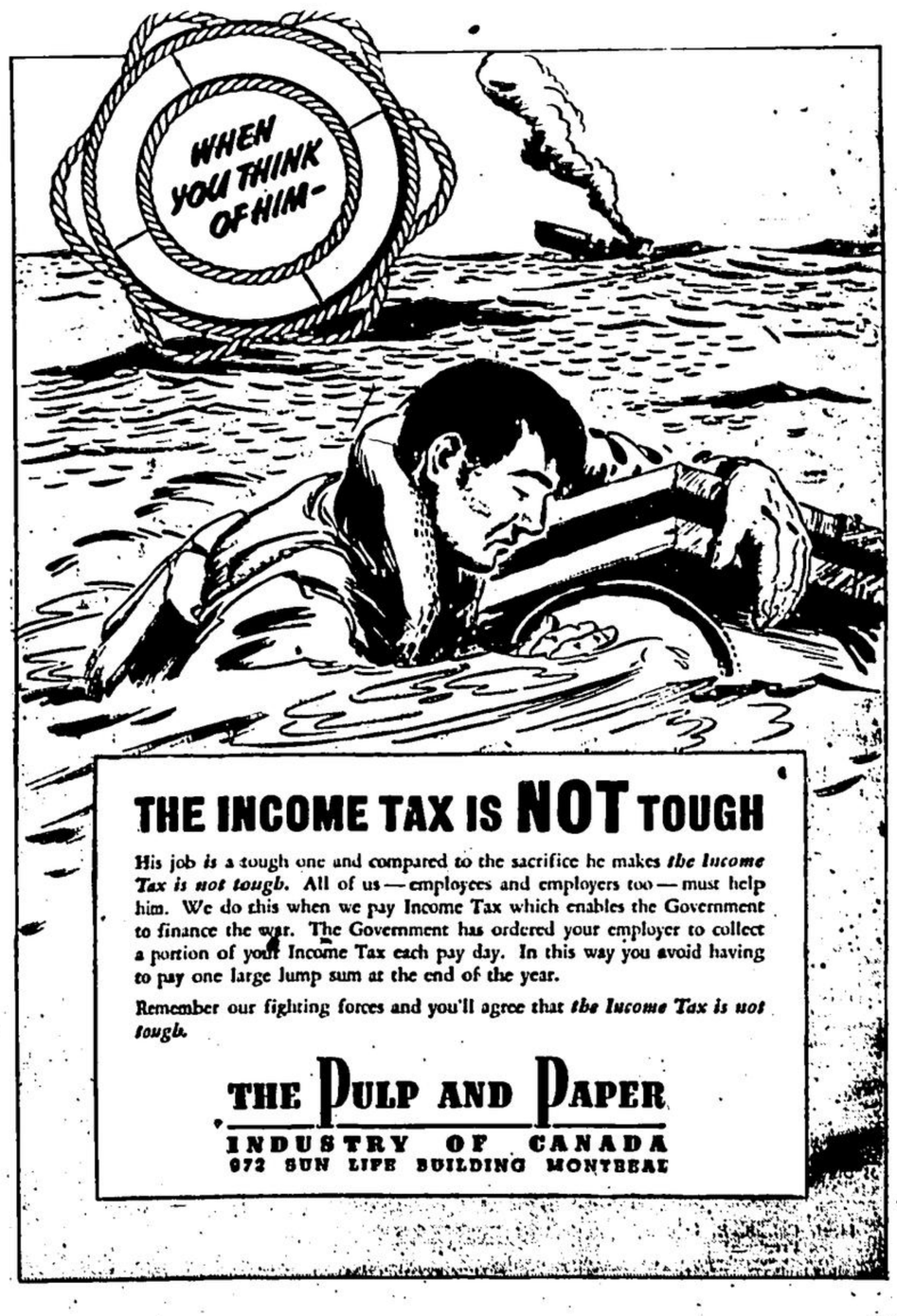


THE INCOME TAX IS NOT TOUGH

His job *is* a tough one and compared to the sacrifice he makes *the Income Tax is not tough.* All of us—employees and employers too—must help him. We do this when we pay Income Tax which enables the Government to finance the war. The Government has ordered your employer to collect a portion of your Income Tax each pay day. In this way you avoid having to pay one large lump sum at the end of the year.

Remember our fighting forces and you'll agree that *the Income Tax is not tough.*

THE PULP AND PAPER INDUSTRY OF CANADA
672 SUN LIFE BUILDING MONTREAL